



# Shirley COA CENTER

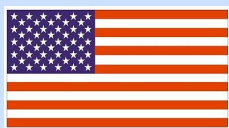
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NEWSLETTER  
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## **Free Breakfast for Veterans**

**Monday, December 6th  
8:30-9:30 am**

**Eggs, sausage, French  
toast and more  
Cooked and served by the  
Shirley Police Dept.**

*Sponsored by Shirley  
Charitable Foundation*

## **COOKIE EXTRAVAGANZA**

During the week of December 13th we are going crazy for cookies.

### **The Great Bake Off** Monday 13<sup>th</sup> and Tuesday 14<sup>th</sup> from 10 am - 2 pm

Our Elves will be baking, decorating, and testing for perfection.

Drop off your favorite cookie dough or join the elves to bake and decorate.

If you have a favorite recipe, let us know a week ahead and the elves will give it a try.



### **Holiday Social** Wednesday December 15<sup>th</sup> 11 am—1 pm

Join us for holiday cheer and yummy cookies.

**We welcome your own home baked goodies too!**

**Cookie Contest:** Our judges will weigh in on the best.

Prize categories: Classic holiday, Special diet,

Too pretty to eat, and Overall favorite

### **Cookie Grab n Go:** Thursday December 16<sup>th</sup> 10 am -2 pm

Drop in for a bag of cookies to go. If our elves haven't eaten them all.

## **The Angel Tree**

This season over 50 Shirley families will receive food, personal care items, and gifts for the kids.

Please help us make the season bright for these families in need.

Select an ornament from our Angel Tree.

Purchase the gift on the ornament and bring it to the Senior Center by December 16<sup>th</sup>.

We also accept nonperishable food and personal care items.

*Sponsored by the Shirley Friendship Fund*

*Giving simply creates joy for all!*



## **GLIMPSED ON DECEMBER 1st**

*Red holly, scarlet  
cardinal - scant color to  
spice up the season.*

*By Cyndi Furman 2021 ©*

## **Stitch & CHAT GROUP**

***Wednesday December 1st, 10 am.***

Do you like to knit, Crotchet, Plarning?

We welcome all types of stitchers.

Join us for friendly chatter and some knitting.

To participate RSVP by calling or emailing

[edinning@shirley-ma.gov](mailto:edinning@shirley-ma.gov) 978-425-1390

We may be able to help if you need supplies.







# Happy Holidays

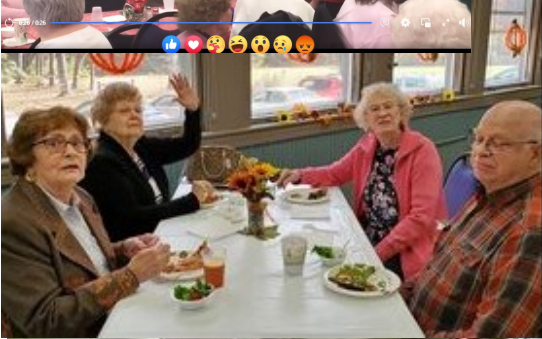


MANY THANKS TO ALL WHO MAKE THIS A GREAT PLACE TO LIVE!  
FROM THE SHIRLEY SENIOR CENTER!  
MARILYN, ELISABETH, MICHELLE, DOUG, PRISCILLA, AND BOB.



It's the most wonderful time of the year. Follow the link to Lura A White students bringing joy to the Senior Center 12/19/2019

<https://www.facebook.com/ShirleyCouncilonAging/videos/1261260324070312>



Knit N Stitch Group with hats ready to ship to Pinehill School on the Ramah Navaho Reservation in New Mexico. From left Donna Brun, Fran Gray, Carolyn Waite, & Diane Chenelle



December 2021

## Outreach at the Shirley Senior Center

Elisabeth Dinning—Outreach Assistant

Telephone: (978) 425-1390

Email: edinning@shirley-ma.gov



The Shirley Senior Center addresses the following Outreach topics and Social Services: Health Insurance, Caregiver Support, Home Health Services, Financial Assistance, Housing Alternatives, Meals on Wheels, Legal Aid, Fuel Assistance, SNAP (Food Stamps), and Transportation. If your needs and interest are not listed, please let us know so we can take them into consideration.

Please call Outreach at the Council on Aging office: 978-425-1390



### Local Hospitals

24/7 Access to Medication  
for Substance Use Disorder

#### Emerson Hospital

978-369-1400

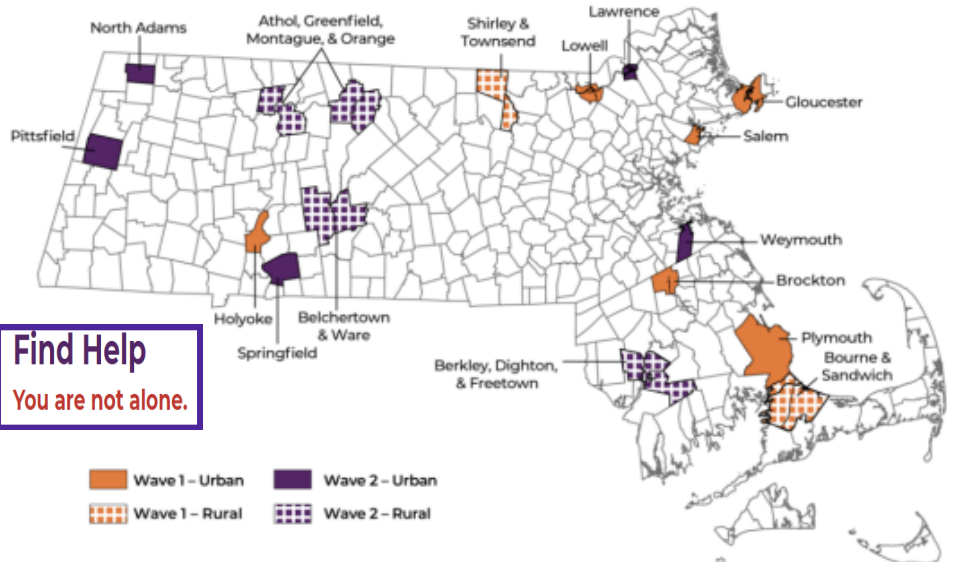
133 Old Rd to 9 Acre Corner, Concord

#### Nashoba Valley Medical Center

978-784-9000

200 Groton Rd, Ayer

**IN CASE OF  
EMERGENCY  
CALL  
911**



**Find Help**  
You are not alone.



### Help Lines

#### MA Substance Use Help Line

800-327-5050

#### Suicide Hotline

800-273-8255



### Harm Reduction

#### Supplies & Information

NextDistro.org

#### Never Use Alone National Hotline

1-800-484-3731

#### N.U.A. Massachusetts Hotline

1-800-972-0590

### The Communities That Heal Intervention

The team at Boston Medical Center will work with community members via coalition building and a data driven decision making process to implement the Communities That HEAL (CTH) Intervention. The CTH intervention is designed to reduce opioid-related overdose deaths across health care, behavioral health, justice, and other community settings by:

1. Increasing naloxone (Narcan) distribution and overdose prevention education
2. Increasing access to medication for opioid use disorder
3. Improving opioid prescribing safety

To learn more and search for local resources follow the link below.

<https://healingcommunitiesstudy.org/communities/mashirley-and-townsend.html>

## LIHEAP Fuel Assistance Program

Applications are being accepted from Nov 1st until Apr. 30th

### 2022 Income requirements:

Household Size of 1 Income Limit \$ 40,951

Household Size of 2 Income Limit \$ 53,551

New England Farm Workers' Council  
473 Main Street, 3rd Floor in Fitchburg, MA 01420  
Phone: (978) 342-4520



### DRIVE-THRU PANTRY SCHEDULE

Open 9:00am to 12:00pm on the following days:

November 3, 5, 10, 12, 17, 20, \*22, 24

December 1, 3, 8, 10, 15, 18, \*20, 22, 29

#### \*Special Event:

Holiday Dinner Distribution

December 20 – 10am-1pm and 4pm-6pm

\*No pre-registration or ticket required



**Wii Bowling**  
Pre-Registration required.  
**Every Monday**  
**12:30 - 3 pm**  
Call 978-425-1390  
to reserve your lane.

**BINGO**

Every Wednesday at 1 pm.

No registration required.  
No maximum seating.

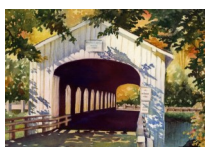
*Just come to have some fun.*

**Strength, Flexibility, and Balance:**

**Every Thursday at 1 pm.**

Chairs are used for all levels of ability.  
Instructed by Jeff Cote, the Occidental Taoist

**QiGong: Will not be held in December**



**Water Color Painting with Mike Devlin**

**Tuesdays at 1:00 pm**

Anyone wishing to attend must have their own paints and brushes. We will try to help with supplies for beginners and those in need..

**Drop in Game Time**

*A Variety of board and card games available.*

Bring your friends for a morning of fun  
**Every Tuesday at 9:00 am.**

Bridge, Scrabble, Dominoes and more.

**Breakfast with Chip!**

**\$5**

**Monday, December 13th**  
**8:30—9:30 am**

Choice of Scrambled Eggs, Westerns,  
or French toast.

Includes Ham, Home fries,  
Fresh fruit, and beverage.



**PIZZA & MOVIE**

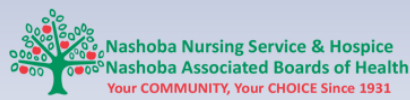
**\$5**

***Holiday Inn***

**Wednesday, December 1st**

**Movie starts at 11 am.**  
**Pizza served at 11:30 am**





Monthly  
Wellness Check  
December 9th

***FLU SHOTS are available at this clinic***

Second Thursday of the month 9:30 to 10:30 am.

These clinics allow for personalized, one on one attention from a nurse. Offered services include blood pressure and blood sugar screenings, diet/nutrition information and teaching, medication review and assistance with identifying and coordinating community resources and referrals. *All ages are welcome to attend.*

**FOOT CARE Clinic**  
**Afternoon Appointments Only**

By Appointment Only—978-425-1390  
**December 27th at the Center**  
\$40 Resident / \$60 non Resident

**FOOT CARE at HOME**  
\$60

Contact: Sarah Kinghorn BSN RN CFCN  
Call 617-417-2149

[www.footcarefocus.com](http://www.footcarefocus.com)

Provided by **FOOTCARE FOCUS**

Prices above include a \$20 discount for Shirley residents paid by Shirley Council on Aging.



# Conversations About Death and Grief.



**December 8th**  
**Every 2nd Wednesday**  
**of the month at 11 am**

## *“Handling Grief through the Holidays”*

It may be totally overwhelming to find yourself *grieving during the holiday* season.

For many people, this is the hardest part of *grieving*, when we miss our loved ones even more ... The need for support may be the greatest *during the holidays*.

*Holiday cheer* is in much of the air those days, but it's not a happy time .. So, when it comes to *coping* with *grief during the holidays*, join us to learn:

~ Tips for managing *grief during the holidays*  
~ steps to helping *coping* with *grief* or overwhelming feelings of loss ~

**“Handling Grief through the Holidays”** is a gathering to offer help and support for managing Grief and Holidays.

Walk- ins welcome.

For questions about this program please contact Lucia Camara, Bereavement and Spiritual Care Provider with Nashoba Nursing Services and Hospice. @508 -951 -3850.



# DECEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Nov 29</b> 12:00pm Footcare Clinic RSVP 12:30pm Wii Bowling  <b>6</b> 8:30am Veteran's Breakfast 12:30pm Wii Bowling  <b>13</b> 8:30am Breakfast with Chip 10:00am The Great Bake Off 12:30pm Wii Bowling	<b>30</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting  <b>7</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 1:00pm Watercolor Painting  <b>14</b> 9:00am Bridge 9:00am Dominos 9:00am Scrabble 10:00am The Great Bake Off 1:00pm Watercolor Painting	<b>Dec 1</b> 10:00am Stitch n Chat 11:00am Pizza & Movie ( ) 1:00pm Bingo  <b>8</b> 11:00am Death & Grief 1:00pm Bingo  <b>15</b> 11:00am Holiday Social 1:00pm Bingo  <b>22</b> 1:00pm Bingo  <b>29</b> 1:00pm Bingo	<b>2</b> 1:00pm Bal, Strength, & Flex  <b>9</b> 9:30am Wellness Clinic 11:00am COA Board Mtg 1:00pm Bal, Strength, & Flex  <b>16</b> 10:00am Grab n Go 1:00pm Bal, Strength, & Flex 2:00pm Angel Tree ( Drop Off Deadline)  <b>23</b> Closed   <b>30</b> Closed 



## A NEW WAY TO BOOK YOUR RIDE

FOR EXISTING RIDERS, call MART's Booking Office 978-345-7711 ext. 3 or 800-922-5636 ext. 3  
Monday -Friday 8:30am-4:30pm to book rides.

FOR NEW RIDERS, call The Shirley Council on Aging to register 978-425-1390  
You must register before booking your first ride.

**MART Van** is a wheel chair-accessible van for residents age 60 plus or disabled.  
All rides are \$1 each way. **Van Hours: Mon - Thurs 8 am - 4 pm Fri 8:00am - 11:30am**

***The MART Van will not run on Thursday December 23rd & 30th and Friday December 30th & 31st.***

## Mission Statement of the Shirley Senior Center:

*“To serve the Seniors of Shirley with services that enhance their lives and provide for their needs.”*

### Senior Center Staff

COA Director: Marilyn Largey  
Outreach Coordinator: Elisabeth Dinning  
Dispatch and Admin Asst.: Michelle Oelfke  
Van Drivers: Doug Perry, Priscilla Tarbell & Bob Lindgren

### Council On Aging Board

Chair: Marie Elwyn  
Vice Chair: Susan Hartman  
Secretary: Christine Andersen  
Members: Janice Snow, Mary Wade, Helen Kramer, Dave Stoppelman

**Board Meetings are the 2<sup>nd</sup> Thursday of the Month at 11 am**



Shirley Council on Aging

### Transportation

**MART Van** is a wheel chair-accessible van for residents age 60 plus or disabled.

All rides are \$1 each way.  
48 business hour notice.

**Medical Rides are prioritized**

**Van Hours: Mon - Thurs 8 am - 4 pm  
Fri 8:00am - 11:30am**

#### **When the Van can't get you there.**

Non-Emergency Medical Transportation for Shirley residents age 60 or older.

**Non-wheel chair accessible only**

**Program Ends December 31st 2021**

In partnership with **Destination Express**, rides are provided to doctors and hospitals for medical appointments, including COVID Vaccination. Riders must provide the name, address, date and time of the appointment. We will also need the healthcare provider's name, phone number and estimated length of the appointment.  
*This program is made possible by a grant from the Metropolitan Area Planning Council*

Call for reservations **978-425-1390**  
Monday to Thursday from 8AM to 1PM. Or leave a message after hours.

### Volunteer Opportunities

*Volunteering your time and expertise is rewarding.* If you are searching for a volunteer opportunity please consider the Shirley Senior Center.

We welcome small groups for projects at the Center and in the Community.

Senior Tax Work Off Program— Residents on this program can credit hours working at the Center towards their RE taxes.

Our current list of needs

### Program coordinators

**Meals on Wheels drivers—Food Service Staff**

Office and phone support—Kitchen support

Newsletter Production— Social Media Marketing

Call us if you would like to volunteer. 978-425-1390.

Click below to access our volunteer application.

</council-aging/files/volunteer-application>

**Follow what's happening at the Shirley Center for Active Living.**

<https://www.shirley-ma.gov/council-aging>

Receive this Newsletter and important announcements from Town Government via email. Follow the link below to subscribe.

<https://www.shirley-ma.gov/subscribe>



Subscribe to E-Alerts

### VETERANS' ASSISTANCE

**Mike Detillion, Shirley Veterans' Officer**  
**Call 978-425-2600 x280**

Mike is available to aid your efforts to enter into the VA Health Care or Pension System.

**Benefits:** All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter and burial assistance.

